

JANUARY, 2010

REGIONAL MENU

ALL MEALS INCLUDE 8 oz 1% MILK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SUGGESTED CONTRIBUTION 60 & OVER \$3.50 UNDER 60 - \$6.50	FOOD STAMPS ACCEPTED	Cogswell - 724-3024 Forman - 724-3928 Gwinner - 678-3911 or 683-4295 Milnor - 427-9327 Rutland - 724-4074	Enderlin - 437-2669 Fort Ransom - 973- 9161 Lisbon - 683-4295	Closed for NEW YEARS
4	5	6	7	8
HERB ROASTED CHICKEN POTATOES / GRAVY CORN MARINATED VEG SALAD ORANGE (2 WHOLE GRAIN BREAD)	PORK CHOP W/ GRAVY SMASHED POTATOES BROCCOLI RAISIN SALAD WARM CINNAMON APPLES (2 WHOLE GRAIN BREAD)	KNEFLA SOUP MEAT SANDWICH FRESH VEGGIE SALAD FRUIT CUP PIE DAY (0 WHOLE GRAIN BREAD)	SALMON LOAF MASHED POTATOES CREAMED PEAS ORANGE JELLO W/ MANDARIN ORANGES & TOP (2 WHOLE GRAIN BREAD)	TURKEY & STUFFING MASHED POTATOES/GRAVY GREEN BEANS CRANBERROES BANANA (1 WHOLE GRAIN BREAD)
11	12	13	14	15
SWEDISH MEATBALLS MASHED POTATOES SCANDINAVIAN VEG. PINEAPPLE CHUNKS (2 WHOLE GRAIN BREAD)	SLOW ROASTED PORK LOIN DRESSING & GRAVY YAMS PEAS WALDORF SALAD (1 WHOLE GRAIN BREAD)	ROAST BEEF SMASHED POT. & GRAVY SQUASH APPLE CRISP W/ TOPPING (2 WHOLE GRAIN BREAD)	BEEF STROGANOFF NOODLES PARSLIED CARROT SLICES CAPTAIN'S SALAD ANGEL FOOD CAKE WITH CHERRIES & TOPPING (1 WHOLE GRAIN BREAD)	MEATLOAF BAKED POTATO W/ S. CREAM STEWED TOMATOES WINTER FRUIT CUP (1 WHOLE GRAIN BREAD)
18	19	20	21	22
BEEF STEW BAKING POWDER BISCUIT CORN RED APPLE OATMEAL RAISIN COOKIE (0 WHOLE GRAIN BREAD)	HOT PORK SANDWICH MASHED POT. & GRAVY HARVARD BEETS PEACH CRISP WITH TOPPING (0 WHOLE GRAIN BREAD)	BAKED CHICKEN FETTUCINI SAUCE PARSLIED POTATOES CREAMY COLESLAW TROPICAL FRUIT BANANA BREAD (1 WHOLE GRAIN BREAD)	SWISS STEAK MASHED POT. & GRAVY GREEN BEANS PEARS BITSY CHERRY NUT BAR (2 WHOLE GRAIN BREAD)	STUFFED PEPPERS MASHED POTATOES PARSLIED CARROTS COTTAGE CHEESE WITH PEACH SLICES (2 WHOLE GRAIN BREAD)
25	26	27	28	29
LASAGNA ITALIAN BLEND VEG CAPTAIN'S SALAD GARLIC BREAD STICK FRUIT CRISP W/ TOPPING (0 WHOLE GRAIN BREAD)	CREAMY CHICKEN AND RICE CASSEROLE COUNTRY BLEND VEG THREE BEAN SALAD GRAPES (1 WHOLE GRAIN BREAD)	HOT ROAST BEEF SANDWICH MASHED POT. & GRAVY BABY CARROTS LIME JELLO W/ PEARS AND TOPPING (0 WHOLE GRAIN BREAD)	BARBECUE RIBS BAKED POT. W/ SOUR CREAM CALIFORNIA BLEND VEG. CRUNCHY CUCUMBERS BREAD PUDDING W/ TOPPING (1 WHOLE GRAIN BREAD)	ROAST TURKEY MASHED POT. & GRAVY SCALLOPED CORN PEACH SLICES PUMPKIN BREAD (1 WHOLE GRAIN BREAD)